

THE SUNNYSIDE

**September
2016**

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**Director
Marc Craig**

**Friends of
Randolph Seniors
Brenda Margolis
President/Treasurer**

**Council On Aging
Gerald Good
President**

**16 Fencourt Avenue
781-961-0930
781-961-0929
781-961-0928**

**Starting 10/15
the Senior Center will
be open on
Saturdays! Check
the Oct Sunnyside
for more info.**



LETTER FROM THE DIRECTOR

HELLO SENIORS,

WELCOME TO OUR BRAND NEW SUNNYSIDE! AS YOU CAN SEE WE ARE NOW PRINTING IN COLOR FOR OUR FRONT AND BACK COVERS. AS WELL THE SUNNYSIDE HAS GROWN BY 4 MORE PAGES. I WAS WORRIED WE WOULD NOT HAVE ENOUGH CONTENT TO FILL 12 PAGES, BUT AS YOU CAN SEE WE FILLED THIS NEWSLETTER WITH EASE!

OUR OTHER NEW EXCITING NEWS IS THAT OUR FLEET OF VANS WILL SOON GROW BY ONE. THE TOWN OF RANDOLPH ELDER AFFAIRS HAS BEEN AWARDED A MASS DOT GRANT FOR A NEW VEHICLE. WE APPLIED FOR THE GRANT IN APRIL AND WE FOUND OUT IN EARLY JULY THAT WE HAVE BEEN SELECTED. NEXT JUNE, WE WILL TAKE OWNERSHIP OF AN "MV-1" THIS NEW VAN COMES FROM THE MANUFACTURER, FULLY ACCESSIBLE. A RAMP IS DEPLOYED FROM THE REAR PASSENGER DOOR ALLOWING FOR UP TO TWO WHEEL CHAIRS. ADDITIONALLY, THREE PASSENGERS CAN SIT IN THE REAR SEAT. WE ARE VERY EXCITED ABOUT OUR NEW VAN, AND CAN'T WAIT TO SHOW IT OFF.

-MARC CRAIG

DIRECTOR OF COMMUNITY PROGRAMMING



Check out
"Faces of Randolph"
on Page 4

ADS GO HERE

SPECIAL PROGRAMS: Sign Up Is Required

AQUATIC PT, THURS., SEPT. 8, 1 PM.

Physical therapist Jacki Defeitis and Marie Hanlon from Peak Physical Therapy will be at the Randolph Senior Center to discuss aquatic physical therapy on **Thursday, September 8 at 1 PM**. Aquatic Therapy is an exciting form of treatment, delivered by specially trained physical therapists in a pool setting—the nearest pool is in Braintree. Not only is it a refreshing change of pace from land-based therapy, but can also be used in cases where individuals are in a great deal of pain and are not able to put full weight on limbs. The buoyancy of the water can reduce weight-bearing on the body by as much as 80%.

HEALTH FAIR, SAT., SEPT. 10

The Randolph Community Health Fair will be held on Saturday, September 10 from **10 AM to 2 PM**. See the ad on the back page for more information.

PAINT YOUR PET, WED., SEPT. 14, 21, 28

Barbara Mulford, the artist who was here last winter and spring, is offering a three-week workshop on painting your pet on **Wednesday, September 14, 21 and 28 from 1 PM to 3 PM**. Students will bring a picture of their pet to class to paint. Barbara will provide instruction and demonstrate technique. This is a beginner class; no experience is needed. The cost will be \$30—including all materials—for the three-week series, which must be **prepaid by Friday, September 9**. Please give Sandy Johnson in the office your check or mail it to Barbara Mulford at: 19 Pinewood Road, Canton MA 02021. Note that Sandy is in the office Monday through Thursday afternoons.

MEMORIES WITH HISTORIC NEW ENGLAND

Do you remember the ice deliveryman doling out ice chips to neighborhood kids on a summer day? This history program—presented by Sarah from Historic New England on **Tuesday, September 13 at 12:30 PM**—highlights memorable moments pertaining to food, housework, communication, and entertainment in the early to mid-20th century. It allows participants to reminisce in an informal setting, while interacting with familiar objects from their past such as a Brownie camera, glass milk bottles, and ice tongs.

BRAIN HEALTH LUNCH, SEPT. 15

Boost your brain health by eating well! This free healthy lunch on Thursday, September 15 at Noon, brought to us by Cornerstone at Canton, a senior living residence, is limited to 30 participants. Research shows that the Mediterranean Diet, provides protective benefits and enhances cognitive function at any age. Get started on the road to a healthier mind and improved memory with the free lunch, easy recipes, nutrition guidance and grocery shopping list.

COMEDY, THURS., SEPT. 22, 12:30 PM

Laughter is the best medicine! Come see comedian David Shikes, a favorite at many local senior centers, present a collection of humorous situations and subjects, many featuring New England. In addition to comedy, David is a five-time Boston marathon runner and an independent bookseller who enjoys classical music. Bring a friend, or come and make a new friend, and enjoy an afternoon of laughter and happiness.

6-WEEK HEALTHY EATING WORKSHOP

The free six-week workshop, Healthy Eating for Successful Living, begins on **Tuesday, September 27 at 12:15 PM**. In this workshop, you will learn to make healthier food choices, receive tips for improving portion control and label reading, and plan meals to better control fats, sugars, carbohydrates and sodium. You also will explore ways to add physical activity to your day and discover that making small changes can lead to BIG results! Each of the six-week sessions, which run every Tuesday through **Nov. 1**, lasts for about **2 hours each week**.

PRESCRIPTION ADVANTAGE, SEPT. 29

Kathy Devine from the Executive Office of Elder Affairs will be at the Randolph Senior Center on **Thursday, September 29 at 1 PM** to explain how Prescription Advantage can help to fill the hole in your Medicare prescription drug coverage. Kathy's presentation comes at the perfect time as the annual open enrollment for Medicare begins in October. Many seniors—not just those at the very lowest income levels—are eligible for Prescription Advantage.

DO YOU HAVE A TALENT?

We are exploring the idea of having a Senior Talent Show (with a cash prize)

If you have a special talent see Marc.

If we get enough seniors to field a competition, we will hold a talent show in October

EXERCISE CLASSES: Sign Up Not Required

YOGA CLASSES

One-hour yoga classes for \$5 for the more experienced are held **Mondays at 11:15 AM** and **Fridays at 10:00 AM**. Chair yoga is held on **Wednesdays at 11:15 AM** for the less experienced for \$5.

CARDIOVASCULAR FITNESS

Deb teaches a one-hour fitness class for a \$3 fee on **Wednesday mornings at 10:30 AM** and **Friday mornings at 9:00 AM**. Bring weights and a bottle of water.

TAI CHI

Rupert Hon teaches Yang's 88-Form Tai Chi on **Tuesdays at 9:00 AM** and **Wednesdays at 9:30 AM** for \$1.

YUANJI DANCE CLASS

Mona teaches Yuan Ji (combination of yoga, tai chi, & dancing) on **Mondays and Fridays from 9:30 AM to Noon** at no charge.

TAP DANCING

A free tap dancing class is offered on **Thursdays at 10 AM**. **There will be no tap on Thursday, September 8 because of state primary voting.**
FRIENDS ANNOUNCEMENTS

ANNUAL "FRIEND" MEMBERSHIP DUES

If you are a Friend of the Randolph Senior Center, your annual \$5 donation (or more if you like) is due for 2016. If you haven't become a Friend yet, consider doing so using the handy form below. Businesses can join too.

HAPPY BIRTHDAY!

A happy September birthday to: Frances Riley (Sept. 3), Kathy Kennedy (Sept. 4), Francica Haynes (Sept. 4), Mary Rose Carew (Sept. 7), Flora Paul (Sept. 10), Evelyn Tubman (Sept. 10), William R. Burke (Sept. 10), Nancy Burke (Sept. 14), Kevin Coleman Joyce (Sept. 20), Margaret Maynard (Sept. 23), Linda Baron (Sept. 26), Sylvia Marquardt (Sept. 27), David L. Brown (Sept. 27), Billy O'Connell (Sept. 28), and Marilyn Hancock (Sept. 30).

VETERANS NOTES

Please join us on Saturday Sept. 24th at 10:00 a.m. for the dedication of a POW/MIA Chair at Randolph Town Hall.

We will have speakers from the military including Brig General Thomas Sellars, former Commander of the Massachusetts National Guard.

The POW/MIA Chair will be dedicated to the memory of Maureen Dunn, cofounder of the POW/MIA movement.

We are looking forward to having members of the military, veterans and others join us for this important event at Randolph Town Hall.

New or renewed members of the Friends of the James M. Hurley Senior & Veteran's Center are: Margaret Picco, Bob Picco, Carolyn Santoro, Frances Riley, Barbara Mastrola, Edward Smith, Jerry Ridge, Walter Fisher, Nick Burke, Nancy Burke, Sandra Miller, Margaret Fallon, Stanley Osinski, Chiao-Chu Lin, and Lorraine Radula.

Become a "Friend" of the Randolph Senior Center by making an annual membership donation of \$5 (or more if you like). For your tax deductible donation, you will be featured in *The Sunnyside* as a new member and a Happy Birthday notice will be posted during your birthday month.

FRIENDS OF THE JAMES M. HURLEY SENIOR & VETERAN'S CENTER

16 Fencourt Ave, Randolph Ma 02368

Today's Date: _____)

Name _____ Phone _____

Address _____ Date of Birth _____

Membership Donation for \$5.00 pp _____ Additional Contribution _____

Memorial Donation \$ _____ In Memory of _____

MORE ACTIVITIES

REIKI: Sign Up Required

Claire Crowell and Bernadette Christian give Reiki treatments on **Tuesdays** from **10:00** to **noon** for a \$2.00 fee.

GAMES

- Meet on **Mondays** from **1 to 3 PM** for Canasta.
- Play Mah Jongg on **Mondays** at **9:30 AM** and **Fridays** at **1 PM**; learn to play **Thursdays** at **10 AM**.
- See the monthly calendar on page 7 for Bingo, Scrabble, Pool and Darts.

OVEREATERS ANONYMOUS

Is food a problem for you? Try attending an Overeaters Anonymous meeting, **Mondays** from **9:30 to 11:00 AM**.

COMPUTER HELP: Sign Up Required

- Elizabeth from the Turner Free Library provides computer drop-in help at the Randolph Senior Center on **Monday, September 19 at 1 PM**. She also provides 30-minute free computer training sessions at the library by appointment. Call her at 781-961-0932.
- Felisa returns on **Wednesday, September 28 from 1 PM to 3 PM** for computer help.
- See pg. 9 for computer classes at the Senior Computer Learning Center.

BLOOD PRESSURE SCREENINGS

Screenings by the Randolph Board of Health will be held at the Senior Center on **Wednesday, September 7 and 21** from **11:30 AM to 12:30 PM**.

WEEKLY LUNCHEON: Sign Up Required

The SSES luncheon menu/sign-up sheet will be posted in the Senior Center each week for the next week's luncheon (suggested \$2.00 donation). Call the kitchen (at 781-963-7232 from 8-11 AM) or call Sandy in the office (afternoons at 781-961-0930) to sign up. **There will be no lunch on Tuesday, September 20.**

Give Away/Wanted

GIVE AWAY:

Walkers, Commodes, Canes—Call Brenda at 961-0928

If you are downsizing and have items **to give away**, you may offer them for free here. If you **need a particular item**, you also may put your request here. Call us at **781-961-0930**

TRIAD: The TRIAD program will be held on **Tuesday, September 20 from 12:30 to 1:30 PM.**

MOVIE: **At 12:30 PM on Tuesday, September 6 or Friday, September 16,** view the 2015 movie, *Star Wars: The Force Awakens*, the 7th installment in the Star War series. Your children and grandchildren love Star Wars, an epic space adventure movie. Come see what it's all about! We will provide a summary of the first six movies in case you haven't seen them. *Star Wars: The Force Awakens* was highly anticipated and was the 3rd highest-grossing film of all time.

RESTAURANTS:

- On **Friday, September 16**, we will go to the Chowder House, one of the Common Market Restaurants in Quincy, for fresh seafood and grilled meats with a traditional New England flair.
- On **Friday, September 23**, we return to the ever-popular Johnny Macaroni's in East Bridgewater for high-quality Italian food at reasonable prices. As their motto says, "Eat Well, Laugh Often, Love Much."

SHOPPING TRIP: On **Friday, September 30**, go to Market Basket in Brockton. Depart at 11 to 11:30 AM for lunch in Market Basket's Café, then do your grocery shopping.

OLDE KIDS ON THE BLOCK

These senior musicians/singers practice at the Senior Center on **September 7, 21 and 28** from **9:30 AM to Noon**.

PICKLEBALL

Pickleball continues every **Tuesday and Thursday** from **9:30 to 11:30 AM** at the basketball court in **Belcher Park** (off Park Street) —unless it rains.

NEW COMMUNITY CENTER

GIVE YOUR INPUT

What programs should we offer in our new Intergenerational Community Center? **IN PERSON:** Fill out a comment card in the Senior Center Office. **ONLINE:** **www.tinyurl.com/CommCenterSurvey**

FACES OF RANDOLPH

Our new Intergenerational Community Center will be have a large mosaic tile wall representing Randolph. Please stop by the office to pick up a "Faces of Randolph" application. The application includes a small area to draw your face (anything else you would like). We would love to see a large number of Randolph seniors artwork to be on permanent display in our new building.

SENIOR CENTER ANNOUNCEMENTS

FREE BREAD & PASTRIES

You can get free bread and pastries at the Randolph Senior Center at **8:30 AM on Fridays**.

KOSHER LUNCHEON

South Shore Elder Services offers a kosher lunch at Temple Beth Am every **Monday at noon**.

BINGO MONDAY AFTERNOONS

We hold Bingo every **Monday** afternoon from **1 PM to 3 PM**. Participants are eligible to win prize money.

MEALS ON WHEELS DRIVERS/KITCHEN STAFF

Contact Judy at South Shore Elder Services at 781-848-3910, ext. 430, to volunteer to be a driver delivering meals or to work in the kitchen helping to pack the meals for delivery.

MEDICAL TRANSPORTATION

Appointments can be made between the hours of 9 AM and 3 PM Mondays through Thursdays. For local transportation by our Van Driver, the fee is \$3 for trips in Randolph and \$9 for trips to neighboring towns.

FREE TRANSPORTATION AROUND TOWN

Free transportation via the Senior Center van is available on Mondays and Tuesdays. Call the Randolph Senior Center 24 hours or more before you need the transportation to book a ride from any address in Randolph to anywhere in Randolph. This service is only available on Mondays and Tuesdays.

Note that this new service is for non-medical rides.

Our transportation to and from medical appointments is not changing; that service continues Monday through Thursdays as described above.

Call us at **781-961-0930** to book your ride! **You can book a ride as early as 8:45 AM and as late (getting back to your home) as 4:00 PM**—the driver must be able to return to the Senior Center by 4:15 PM.

SHINE COUNSELING

Make an appointment today with our SHINE counselor by calling the Senior Center at **781-961-0930**. This is a free service. Cheryl, our SHINE counselor, can help you make the best health insurance choice for your particular circumstances.

MEDICARE OPEN ENROLLMENT

The Medicare open enrollment period this year is October 15, 2016 through December 7, 2016. The Medicare open enrollment period is for all people who either have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO). Take this opportunity to review your current coverage with your 2017 Medicare plan choices.

If you have a Medicare Prescription Drug Plan, now is the time to review your current medication list and prescription coverage. 2017 Medicare Drug Plan formularies, monthly premiums, deductibles (if any), and co payment costs may change. Your current plan may not be the most beneficial plan for you to continue in the year 2017.

To prepare for your Medicare 2017 Part D prescription plan options:

- Complete a SHINE Program Medicare Drug Plan Pre-Enrollment Information form – available at the Senior Center.
- Return the completed Pre-Enrollment information form to the Senior Center. (It will be placed in Cheryl's confidential SHINE folder.)
- Your individualized 2017 Prescription Plan search results – showing the lowest costing 2017 Part D Prescription Drug Plan that meets your medication needs and costs - will be mailed to you.
- Once you've received the report, if needed, you may schedule a follow-up appointment with Cheryl to further discuss your 2017 enrollment options.

*** IMPORTANT: IT IS BENEFICIAL FOR YOU TO REVIEW YOUR MEDICARE HEALTH AND PRESCRIPTION COVERAGE EVERY YEAR. TAKE ADVANTAGE OF SHINE, WHICH IS A FREE, CONFIDENTIAL SERVICE AVAILABLE TO YOU.**

How closely are you reading the Sunnyside? I have hidden five dollars behind the "Do not block this vent sign" in the Dining Room. The first person to find it, keeps it. Please let Marc know, when it has been found.

Medicare Part D Drug Coverage

Is it starting to cost more to refill your prescriptions at your Medicare Part D plan's pharmacy? Are you in the Medicare Part D Coverage Gap (aka "the Donut Hole")? If you answered yes to either question, the Prescription Advantage Program may be able to assist.

Prescription Advantage is a state-sponsored prescription drug program administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs for seniors and people with disabilities. If you qualify and enroll in the Prescription Advantage Program, during your Part D Coverage Gap, a 30-day supply of meds would not exceed \$12 (generics) and \$30 (non-generics). Prescription Advantage is FREE if your monthly gross income is under \$2,871(single)/ \$4,006 (married).

To enroll, complete and submit a Prescription Advantage application, which is available through our SHINE counselor. Call 781-961-0930 to make an appointment.

Also note that Kathy Devine from the Executive Office of Elder Affairs will be at the Randolph Senior Center on **Thursday, September 29 at 1 PM** to discuss the Prescription Advantage.

Are You Turning 65 Soon?

SHINE Counselors are available to assist with Medicare Drug and Health Insurance coverage options. Call 781 961-0930 to schedule an appointment with Cheryl, the Randolph Council of Aging SHINE Counselor.

Tax Abatement Program

The application period for the \$500 tax abatement program begins on **Thursday, September 1** and ends on **Friday, September 30**. Apply at the Randolph Senior Center during our business hours from 8:30 AM to 4:30 PM. The drawing will be held on **Wednesday, October 5 at 11 AM** for the 24 volunteer positions. You do not have to be present to win. A senior age 60 or older that owns his or her home or is the spouse of an owner may apply for a \$500 tax abatement program. The rules will be on the application form at the Randolph Senior Center and you will have to certify that you have not won the lottery in the last three years. Seniors also must be able to work 3 hours a week from November to March. Please **bring a photo ID and your latest tax bill** when you come to the Randolph Senior Center to complete an application form. Copies of both will be attached to your application form.

Multicultural Programs at the Randolph Senior Center

We will hold a:

- Vietnamese seniors program on **Friday, September 2 at 11:30 AM.**
- Chinese seniors program on **Friday, September 9 at 11:30 AM.**
- Haitian seniors program on **Tuesday, September 27 from 1:30 PM to 3 PM.**

Limited numbers of English-speaking seniors may attend these lunches, although sign-up is required.

RANDOLPH COMMUNITY ANNOUNCEMENTS

TRAVELING LIBRARY

The Turner Free Library's traveling library will be at the Senior Center on **Thurs., Sept. 15 from 11:30 AM to Noon.**

RANDOLPH COMMUNITY POOL: Call the Randolph Community Pool at **781-961-6260** for open swim times for September. The charge is \$5.00.

YOGA AT POWERS FARM: Enjoy an all-levels outdoor community yoga class at Power's Farm in Randolph from 7:05 PM to 8:00 PM that is being offered by the Randolph Recreation Department through September 27. Shelanda Irish (RYT-200) leads a lively vinyasa-style practice for beginners and intermediate/advanced students for \$5.00.

RECREATION DEPARTMENT SUMMER/FALL TRIPS

The Randolph Recreation Department has announced its upcoming trips. Randolph seniors can join these full day trips that include lunch.

- Vermont Wine & Lunch in Deerfield, MA at Chandler's Restaurant, **Thursday, September 22, \$89**
- Norman Rockwell Museum & lunch at Red Lion Inn, **Thursday, October 20, \$99**

These trips fill up fast. You are not considered "registered" for a trip until full payment is made. More information is available on each trip at the Randolph Recreation Department (781-961-0939), which is located at the Senior Center

MAIN STREET MARKETPLACE

Randolph's Main Street Marketplace at Powers Farm at 592 North Main Street will be held on Wednesdays from 3 PM to 7 PM through September 21. The Marketplace will feature fresh produce as well as artisans.

POWERS FARM

Autumn is the perfect time to take a walk around Powers Farm, located at 592 North Main Street.

STATE PRIMARY DAY: THURSDAY, SEPTEMBER 8

The Randolph Senior Center is a polling place and so no programs will be held in our large hall on Thurs., September 8.

NORFOLK COUNTRY REGISTER OF DEEDS

Norfolk County Register of Deeds William P. O'Donnell will hold office hours in the Washington Room of the Randolph Town Hall on **Thursday, September 15 from 10 AM to Noon.**

RANDOLPH LADIES AUXILIARY PAINT NITE

Come to paint nite at Amvets Post 51 for \$45 (\$15 to Ladies Auxiliary) on **Monday, September 19 at 6 PM** for two hours of creativity and appetizers. You will be guided to create your own unique art. No experience needed. Pay at Amvets Post 51 Facebook site.

CALLING ALL MEN!!

- by Chris Frazier

The James M. Hurley Senior and Veterans' Center is currently formulating a group for men like no other. This group shall be dynamically centered around men, with active adventures that we men of all ages enjoy, and issues we want to share in a setting that is safely guarded and confidential. Many of have reached an age where we feel we have nothing more to offer, so we just sit around and wait for our final destination. It is you who we are calling to share your wisdom, integrity, courage, strength, and valor.

"As iron sharpens iron, so one man sharpens another" - Proverbs 27:17

To be a participant, please call the James M. Hurley Senior and Veterans Center Mondays through Fridays between the hours of 8:30 AM to 4:30 PM at 781-961-0930 and let us know what day of the week works best with your schedule for future Mens' Group Meetings.

Senior Computer Learning Center Open House

The Senior Computer Learning Center open house and on-site course registration will take place on **Wednesday, September 7, 2016 from 10 AM to Noon** at the **Abington Senior Center at 441 Summer Street, Abington MA 02351.**

Beginning the **week of September 19, 2016**, the Senior Computer Learning Center—which is **open to residents of all cities and towns, including Randolph**—will offer classes in:

- Computers: Basics of the Computer, Windows 7 (Basic, Intermediate and Advanced)
- Beginning and Intermediate Windows 10
- Using Social Media with Facebook, Facetime and Skype
- Using tablets and smartphones: android, Apple, and Windows operating systems
- Exploring iPad and iPhone
- Apps: computer, tablet or smartphone
- Genealogy
- Using the Internet: fantastic freebies, file storage services in the Cloud
- Using email
- Computer tips: right mouse click, protect and clean your computer, security, safety and more
- Manage photos: tablet, phone and camera

If you need more information about these programs, go to the website at **www.seniorcomputerlearning.org** or call **781-521-4008** from Monday through Saturday. Leave a message and your call will be returned.

About the Senior Computer Learning Center

The Senior Computer Learning Center (SCLC) is an all-volunteer, non-profit 501(c)(3) corporation, which will celebrate its 19th year in September 2016. The SCLS began training students at Massasoit Community College, and relocated to the Abington Senior Center in 2011. The Center offers low-cost hands-on computer courses for adults age 50 and over using desktop and laptop computers running Windows 7, 8 and 10. The Center's instructors, coaches and staff are dedicated professionals with interests and backgrounds in technology.

Living Your Life Well

Would you be interested in attending a workshop on Living Your Life Well? It would be a one-day workshop for 40 seniors likely on a Thursday in November 2016 from 10 AM to 2:30 PM; participants would stay for the entire time. We would provide a catered box lunch for \$2.00. Such a workshop was recently held in Braintree to much acclaim.

The workshop at the Randolph Senior Center would consist of short participatory segments led by professionals on:

- Connecting with others, getting enough sleep, and being physically active
- Helping others, eating well, staying positive and taking care of your spirit
- Dealing better with hard times, getting professional help if you need it, and creating joy and satisfaction

Would you be interested in attending such a workshop? If so, call us at **781-961-0930** or use the sign-up sheet at the Randolph Senior Center.

September

			1	2
			Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Watercolor Painting 1:00 Pool & Darts 2:00	Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Vietnamese 11:30</u> Mah jongg 1:00 Pool & Darts 2:00
5	6	7	8	9
<u>Labor Day</u> <u>Senior/Veterans Center Closed</u>	Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> <u>Movie 12:30</u> Pool & Darts 2:00 Weight Watchers 6:00	Tai Chi 9:30 Olde Kids 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Blood Pressure 11:30 Adult Coloring 11:30	State Primary Voting Weight Watchers 9:00 Mah jongg 10:00 Watercolor Painting 1:00 <u>Aquatic PT 1:00</u> Pool & Darts 2:00	Cardio 9:00 Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Chinese Program 11:30</u> Mah jongg 1:00 Pool & Darts 2:00
12	13	14	15	16
Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo/Canasta 1:00 Pool & Darts 2:00	Tai Chi 9:00 <u>Reiki 10:00</u> Healthy Eat Info 11:15 <u>SSES Luncheon 11:30</u> <u>Memories Hist. 12:30</u> Pool & Darts 2:00 Weight Watchers 6:00	Tai Chi 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Adult Coloring 11:30 <u>Paint Pet #1 1:00</u>	Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Traveling Library 11:30 <u>Brain Lunch Noon</u> Watercolor Painting 1:00 Pool & Darts 2:00	Cardio 9:00 Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Restaurant Trip</u> <u>Movie 12:30</u> Mah jongg 1:00 Pool & Darts 2:00
19	20	21	22	23
Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo/Canasta 1:00 <u>Computer 1:00</u> Pool & Darts 2:00	Tai Chi 9:00 <u>Reiki 10:00</u> <u>TRIAD 12:30</u> Pool & Darts 2:00 Weight Watchers 6:00	Tai Chi 9:30 Olde Kids 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Blood Pressure 11:30 Adult Coloring 11:30 <u>Paint Pet #2 1:00</u>	Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 <u>Comedy 12:30</u> Watercolor Painting 1:00 Pool & Darts 2:00	Cardio 9 AM Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Restaurant Trip</u> Mah jongg 1:00 Pool & Darts 2:00
26	27	28	29	30
Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo /Canasta 1:00 Pool & Darts 2:00	Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> <u>Health Eat #1 12:15</u> <u>Haitian Seniors 1:30</u> Pool & Darts 2:00 Weight Watchers 6:00	Tai Chi 9:30 Olde Kids 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Adult Coloring 11:30 <u>Computer 1:00</u> <u>Paint Pet #3 1:00</u>	Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Watercolor Painting 1:00 <u>Prescript. Advant. 1:00</u> Pool & Darts 2:00	Cardio 9 AM Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Tour/Shopping Trip</u> Mah jongg 1:00 Pool & Darts 2:00

FACEBOOK

Stay up to date on all information from the
Senior Center and Recreation Dept
Please "Like"

Randolph Community Programs

STAY CONNECTED

NEW TOWN WEBPAGE

The Town of Randolph has completely
redesigned from the ground up
www.Randolph-Ma.gov

21st CENTURY TOWN MEETING

We are a government "for the people, by
the people" and we hope this website helps
you share your voice with us

www.Randolphma.GranicusIdeas.com

ADS GO HERE ON THIS PAGE

Randolph Community Health Fair

Sat., Sept. 10,
10 AM - 2 PM

The annual health fair for Randolph residents of all ages will be held on Saturday, September 10 from 10 AM to 2 PM at the Randolph Senior Center. It's a good time to talk to all kinds of health professionals—most specialize in working with seniors. There is no charge for admission to the Fair.



Mark Your Calendar!

The Randolph Senior Center is located at 16 Fencourt Avenue off Union Street in Randolph just past the "AL Prime" gas station heading



Thank you to everyone who came out to the Ground Breaking Ceremony for the Randolph Intergenerational Community Center on 8/7.

